

CBIRF QUARTERLY NEWSLETTER

Winter 2009

HOTZONE



COMMANDING OFFICER

Col John M. Pollock

BATTALION SGTMAJ

SgtMaj Christopher Harper

FAMILY READINESS OFFICER

Ramona Higgins

ALPHA COMPANY

Capt Kevin Misner
1st Sgt William Frye

BRAVO COMPANY

Capt Joshua Robinson
1st Sgt Ramona Goodloe

H&S COMPANY

Maj Charles Atwood
MSgt Willis Shifflett

DEPUTY FRO

Capt Marc Cole

UNIT CHAPLAIN

CDR Kelvin James



BATTALION COMMANDING OFFICER

Greetings,

I hope everyone had a good Christmas and I wish you all a happy and prosperous 2009. I apologize for missing the command Christmas party. Unfortunately, I was called down to Camp Lejeune for a Commander's conference on Suicide Prevention; an issue the Marine Corps continues to struggle with. During our recent post holiday Back in the Saddle Training, we spent significant time on this issue and I'd like to reiterate to both our service members and families that the command has access to significant resources to confidentially assist anyone that is struggling during the post holiday period.

On a more up-beat note, I appreciate the effort that went into the planning and execution of the Christmas party. Many thanks to our Family Readiness Team for making the occasion so special. Feedback is always welcome as we strive to make upcoming command events even better.

I'm very proud to announce that the command just won the 2008 Chesty Puller Award (medium size unit) for operational excellence. CBIRF competed against numerous like size units within II MEF and was subsequently selected for this prestigious award.

This is a very busy time here at the command with the Inauguration, State of the Union, and our upcoming deployment for training fast approaching. Although our high operational tempo can make it difficult on families, our Marines and Sailors are fulfilling critical roles in assuring the safety and security of our nation's leadership. I recently had the opportunity to visit with U.S. Senator Barbara Mikulski (D-MD) and she asked me to express her gratitude and admiration to our Marines and Sailors for what they do for our country. Sen. Mikulski's office in the Hart Building was one of those exposed to Anthrax during the 2001 attack, and she remembers that CBIRF Marines and sailors were the ones that came to both her and her colleagues aid.

We should all take great pride in the reputation our unit enjoys.

Semper Fi,



Col. John M. Pollock



Important Phone Numbers

CBIRF Family Readiness Officer.....	301-744-5025
Relocation Assistance.....	703-614-7202
Family Advocate Program.....	703-693-0643
General Counseling.....	703-614-7204
Exceptional Family Member.....	703-614-7200
Children, Youth, & Teens.....	703-614-7332
New Parent Support	703-614-7208
Military Life Consultants.....	703-650-8435
Military One Source.....	800-342-9647

Take a
look inside
to see photos from our Fall
Family Support Information
Fair, and our December
Holiday Party!

Want to be added onto our email list,
or just have questions? Send an email to
cbirf.fro.fct@usmc.mil

CBIRF's Fall

Family Support Information Fair

Families came to our recent Information Fair where local county agencies and vendors presented their services and products. A spread of both catered and potluck entrees were served during the evening, and folks were given an opportunity to learn more about the resources that are available to Marine Corps families.



CBIRF's 2008

Holiday Party...

The Indian Head Community Center hosted this year's Christmas Party, where families enjoyed a fun-filled and relaxed time of food, drink, and lots of holiday gift giveaways...



ALPHA COMPANY

On behalf of the Company Leadership, I hope all of you had a happy holiday season and wish you the best for the upcoming year. As 2009 gets underway, the Company will be busy beginning with the Presidential Inauguration. We have been tasked with supporting this event by being the force in reserve. In the event of help being required to go downrange, the Company will make its way to the incident aboard Landing Craft, Air Cushion (LCAC) vehicles. These boats will transport the Companies gear and personnel up the Potomac River and will land at a pre-determined site for offload and response. The month of February will be dedicated to preparing for a three-week deployment to Florida in March. The Company will be conducting training focusing on improving our abilities to conduct a long-range road march and to flex the Battalions muscles in operating a forward deployed command operations center downrange. While in Florida, the Company will participate in a joint CBRNE event and conduct annual training as required by the Marine Corps. This will take us into the springtime and hopefully warmer weather. As always, the most valuable asset to the Company is the individual Marine or Sailor...it is imperative that they arrive to work in the correct mindset to complete the mission that we are tasked with. A strong home front is critical to achieving this. I would like to thank each of you for the support and comfort you provide to your spouse and the role that you play in making Alpha Company successful.

Semper Fidelis,
Capt. Kevin Misner
Alpha Co. Commander

H & S COMPANY

To the family members of H&S Company:

I hope you enjoyed the holiday season. H&S just recently finished up 2 weeks of block leave. I am happy to report that there were no serious injuries during this time. I am hoping that each and every one of you got to spend quality time with your spouse and that you took advantage of the many days off. If you are new to the area and don't have a good understanding of what all is offered, then I highly encourage you to visit the travel office here on base. They are very helpful and extremely knowledgeable with the many military discounts we can enjoy in the area and throughout the world.

For those that are unaware, the big focus for the company and the Battalion is the upcoming Presidential Inauguration and the State of the Union address. The Battalion will also be sending a large quantity of Marines and Sailors to Florida at the end of Feb for consequence management training and USMC annual training. My goal is to--in the most expedient manner--identify those individuals going so their families will know as far out as possible.

Major Atwood
H&S Co. Commander

ATTENTION CBIRF SPOUSES

Our Next Event, in the Spring, will be our **CBIRF Jane Wayne Day**.

Jayne Wayne Day is an opportunity for the spouses of CBIRF to have a better understanding of the job their Marines and Sailors perform on a daily basis, by actually performing some of the duties themselves.

Stay tuned for more information as the Spring approaches.

BRAVO COMPANY

Bravo Company Families:

I hope that everyone had a safe, healthy, and happy holiday season. There was some time available to spend with your Sailors and Marines and I trust that you all enjoyed it. Our winter schedule will be a fast paced and busy one for 2009. We have several special events that your service members will participate in. CBIRF will have a role in the Inauguration of the incoming President of the United States, State of the Union Address, as well as several training exercises and ranges through Winter 2009 and into early Spring 2009.

Several Bravo Company Marines have welcomed new members to their families. Sgt. and Mrs. Coderre, Sgt. and Mrs. Heath, and Sgt. and Mrs. Hullette all have new additions to their families. We are all excited for them and look forward to seeing them at future CBIRF or Bravo Company functions.

Bravo Company has performed well in battalion and II MEF boards. Cpl. Genrich was selected as Battalion Non-Commissioned Officer of the Quarter. Sgt. Tribbley is selected to represent Bravo Company at a MEF level meritorious board. Cpl. Barnes won the Battalion Meritorious Corporal's Board. The Bravo Company Marines and Sailors with your support continue to set the example and represent the service well.

I would like to repeat, that it is your constant support and patience that allows our Marines and Sailors to continually and successfully accomplish our mission and set the standard for others to emulate. We appreciate your sacrifices and efforts in allowing us to continue to be as successful as we are. I hope you continue to have a safe and healthy New Year and look forward to seeing many of you at future family events.

Capt. Joshua Robinson
Bravo Co. Commander

'Tis the Season...

"Take 3" Steps To Fight The Flu

Flu is a serious contagious disease. Each year in the United States, on average, more than 200,000 people are hospitalized from flu complications, 20,000 of those hospitalized are children younger than 5 years old, 36,000 people die from flu.

Take action to protect yourself and your loved ones from the flu.

Take the following 3 steps to protect yourself and others from the flu:

- 1. Get a flu vaccine-** Contact the Immunization Clinic, Branch Medical Clinic Indian Head for Vaccination times and dates (301-744-4601).
- 2. Take preventive actions:** Wash your hands, cover your cough/ sneeze with tissue, minimize close contact with sick individuals, and avoid touching eyes, nose & mouth.
- 3. See your doctor if you suspect the flu.** Take antiviral medication if recommended by your doctor & stay home from work to prevent the spread to others.